



**PAUL DILLON**



**STELLA REYES**



**JAY BEARDEN**

## Meet your newest SECNAV Retiree Council members

Members bring wide variety of service, experiences to the table

The SECNAV Retiree Council recently welcomed three new members. The council was established to consider issues of importance to retired Naval personnel and family members and to make recommendations to the Secretary of the Navy.

### **Paul Dillon**

Raised in Brockton, Mass., Paul Dillon first enlisted in the United States Navy Reserve in 1955 while a junior in high school. Upon graduating he enlisted in the Navy on Aug. 21, 1956 and served in a broad array of assignments, including various commands across Asia, Europe and the United States.

In November 1980 he retired as a master chief radioman from the “first and finest” Navy Submarine Base (NSB) New London, Conn.

During the Vietnam War, Dillon served as message center chief for Commander Seventh Fleet, embarked on the USS Providence (CLG6) and USS Oklahoma City (CLG5) respectively. During this time, he was recognized with the Vietnamese Navy Meritorious Service Medal, amongst other awards. Other career highlights included command master chief petty officer for Naval Communications Station, Keflavik, Iceland; and base communications officer for NSB New London.

Upon his retirement, Dillon was initially employed by defense contractor Sonalyst Inc. In 1983 he began his “second career” at Northeast Utilities as a telecommunication manager at the Millstone Nuclear Power Station, retiring in 1997.

The following year, Paul returned to NSB New London and began volunteer service with the Retired Activities Office (RAO), advocating for military retirees and their spouses. He currently serves as its director.

He has also been an active supporter of multiple retired mili-

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## Shift Colors

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U.S. Navy photo by Mass Communication Specialist 2nd Class James R. Turner



**Gunner's Mate 2nd Class Nicholas Carson renders a salute during a March 14 burial-at-sea ceremony for his grandfather aboard the Arleigh Burke-class guided-missile destroyer USS Carney (DDG 64) in the Mediterranean Sea. Carney is forward-deployed to Rota, Spain, on its fourth patrol in the U.S. 6th Fleet area of operations in support of regional allies and partners and U.S. national security interests in Europe and Africa.**

tary organizations, playing a vital part in annual briefings of military retirees in Connecticut and surrounding states. He currently serves on the Veterans Advisory Council for his U.S. Congressional district.

Additionally, he served on the board of the National Association for Uniformed Services (NAUS), including time as vice president for the Northeast Region, advocating for the protection of military retiree and veterans benefits throughout New England. In 2012, he was inducted into the Connecticut Veterans Hall of Fame.

Recently appointed to the council, Dillon is looking forward to continuing his service to keep advocating for the protection of benefits earned by fellow retirees and their family members.

### Stella Reyes

The daughter of a retired master chief, Stella Reyes' formative years were spent in Phoenix, Ariz., where she joined the Navy. Her first assignment was to Naval Security Group Activity, Adak, Alaska. She enjoyed her follow-on positions at the Communications Material Issuing Office in San Diego, Calif., Naval and Marine Corps Reserve Center Phoenix, Ariz., and various other commands.

After graduating from the Senior Enlisted Academy, she was selected as the senior enlisted leader for Commander, Navy Net-Centric Warfare Group under the U.S. Fleet Cyber Command/U.S. Tenth Fleet. As a cryptologic technician Administrative Master chief petty officer (yeoman master chief prior to retirement), she worked in various roles, to include computer technology/information systems/information technology command recruiting liaison, reserve CTA community manager, and mentorship training officer.

She is a member of the Fleet Reserve Association serving as director for the RAO at the Naval Operational Support Center, Phoenix, Ariz., and assists in coordinating the Reserve transitional classes for gray-area retirees and Reserve personnel. She recently finished

a position as vice president for Retired Affairs for the Association of the United States Navy (AUSN) and continues as secretary for the Saguaro Chapter.

She is active with the local chief community, the American Legion, and a member of the Naval Cryptologic Veterans Association. She volunteers as catechist/youth leader, swim team coordinator, as well as working on spring training events, and service projects that assist veterans.

Reyes desires to be a voice for retirees and their family members and hopes to continue to serve her country as best she can in this capacity. She encourages input from all of retirees to best represent them.

### Jay A. Bearden

Jay Bearden, who retired from active duty as an information systems technician senior chief in January of 2001, was recently selected to serve as the Navy/Marine Corps European representative to the Secretary of the Navy's Retiree Council.

Bearden was born in Jacksonville, Texas. He joined the Navy in January 1975 and served 26 years active duty.

His career highlights include tours of duty in Keflavik, Iceland; San Miguel, Philippines; Rota, Spain; USS Simon

Lake (AS33) and USS South Carolina (CGN37); and as senior enlisted advisor and senior flag communicator for Adm. James O. Ellis, commander in chief, Allied Forces, Southern Europe/commander in chief, U. S. Naval Forces Europe.

Bearden spent a large part of his Navy career deploying on short notice, providing C4I/communications support to special operations units of the Army, Navy and Marines, as well as providing support to Spanish Legionnaires.

Of all his highlights, he said the non-combatant evacuation his unit supported in Africa was the most rewarding, due to the children they evacuated.

"I personally held a small child on the C-130 flight from Sierra Leone to Senegal," he said. "The greatest satisfaction is seeing firsthand you're making a difference in someone's life. It's up close and personal."

Bearden currently serves as president of the Retired American Military Iberian Council in Rota, Spain, where he has served since 2001.

His main goal while serving on the SECNAV Retiree Council is to improve the quality of life for retired Navy Marine Corps families living in Europe.

"If I can improve their lives in any way my mission will be successful," he said.

## NAVY RETIREE SEMINAR & APPRECIATION DAY EVENTS

**NAS Jacksonville, FL**  
Retiree Seminar  
Saturday, Apr. 21, 8:30 a.m.  
NAS Jacksonville Dewey's  
(904) 542-5745  
[JAXS\\_NAS\\_RAOJAX@navy.mil](mailto:JAXS_NAS_RAOJAX@navy.mil)

**Naval Station Everett, WA**  
Retiree Seminar  
Saturday, May 12, 8:30 a.m.  
The Commons, Bldg. 1950  
(425) 304-3323

**Naval Support Activity Mid-South**  
Millington, TN  
Retiree Appreciation Day  
Saturday, Sept. 9, 8 a.m.  
Convention Center  
[julia.powell@navy.mil](mailto:julia.powell@navy.mil)

**ANG Base Selfridge, MI**  
Retiree Appreciation Day  
Saturday, Sept. 22, 8 a.m.  
Dining Facility, Bldg. 164,  
43156 Wagner Street  
[selfrao@yahoo.com](mailto:selfrao@yahoo.com)


**NOSC Minneapolis, MN**  
Joint Retiree Appreciation Day  
Saturday, Sept. 29, 7:30 a.m.  
Mystic Lake Main Ballroom  
[metrojad@gmail.com](mailto:metrojad@gmail.com)

**NSB New London, CT**  
Retiree Seminar/Appreciation Day  
Dealey Center  
Saturday, Oct. 20, 9 a.m. – noon  
(860) 694-3284  
[paul.f.dillon@navy.mil](mailto:paul.f.dillon@navy.mil)



# Changes are coming to Retiree Dental

Provided by TRICARE



Retirees who currently have TRICARE Retiree Dental Program (TRDP) coverage need to know that the TRDP will end on Dec. 31, 2018. However, anyone who was in TRDP this year or would have been eligible for the plan will be able to choose a dental plan from among 10 dental carriers in the Federal Employees Dental and Vision Insurance Program (FEDVIP).

Retirees may begin reviewing program options now at [www.opm.gov/fedvip](http://www.opm.gov/fedvip). Enrollment in FEDVIP will be available during the 2018 Federal Benefits Open Season, which runs from Nov. 12 to Dec. 10.

Coverage will begin on Jan. 1, 2019.

Previously, FEDVIP wasn't available to Department of Defense beneficiaries, but it will now be available to those who would have been eligible for TRDP. As an added bonus, they will also be able to enroll in FEDVIP vision coverage, along with most active-duty family members.

More than 3.3 million people are currently covered by FEDVIP. Retirees may choose from dental plans offered by 10 different carriers. To enroll in FEDVIP Vision, one must be enrolled in a TRICARE health plan. There are four vision plans designed to meet one's needs.

Retirees may only enroll in a FEDVIP plan outside of open season if a Qualifying Life Event allows it. Any election in a FEDVIP plan remains in effect for the entire calendar year.

For more information, visit the FEDVIP website at [www.tricare.benefeds.com](http://www.tricare.benefeds.com) and sign up for e-mail notifications when new information is available and as key dates approach. Future updates will include eligibility information, plans, carriers, rates, educational webinars and more.



## TRICARE planning: Which is right for you?

If you have health coverage with TRICARE, you may choose from a variety of plans, which provide you options in where and how you seek medical and dental services.

Two major health programs include TRICARE Prime and TRICARE Select. Both require enrollment, and each offers the quality care you deserve. Here is more information about the available plans, so you can choose the program or programs that are best for you and your family members.

### TRICARE Prime

TRICARE Prime is a managed care option and a health maintenance organization (HMO)-like program. It generally features the use of military hospitals and clinics and reduces out-of-pocket costs for authorized care provided outside military hospitals and clinics by TRICARE network providers. TRICARE Prime is mandatory for active duty service members (ADSMs) and is an option for their family members and certain TRICARE-eligible beneficiaries located in Prime Service Areas (PSA) — geographic areas in the U.S. where TRICARE Prime is offered). They ensure medical readiness of active duty by adding to the capability and capacity of military hospitals and clinics.

Prime Service Areas were also built around the Base Realignment and Closure (BRAC) sites.

In geographical areas where TRICARE Prime is not offered, TRICARE Prime Remote for Active Duty Family Members may be available as an enrollment option for eligible active duty family members (ADFM). In overseas locations, TRICARE Overseas Program (TOP) Prime and TOP Prime Remote are available to ADSMs and their command-sponsored family members.

The US Family Health Plan (USFHP) is an additional TRICARE Prime option available through networks of community-based, not-for-profit health care systems in six areas of the U.S.

To enroll in USFHP, you must live in one of the designated service areas, listed at [www.tricare.mil/USFHP](http://www.tricare.mil/USFHP).

Under a TRICARE Prime option, your health care is managed by an assigned primary care manager (PCM) and provided by a military or civilian network provider. Non-active duty enrolled

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## Ghost Rider in the Sky

Photo by Mass Communication Specialist 2nd Class James R. Turner



**Boatswain's Mate 3rd Class Jason Reece signals to an MH-60S Sea Hawk helicopter, attached to the "Ghost Riders" of Helicopter Sea Squadron (HSC) 28, during flight quarters aboard the Arleigh Burke-class guided-missile destroyer USS Carney (DDG 64) in the Mediterranean Sea, March 7.**

### TRICARE, from Page 4

beneficiaries will select or be assigned a PCM. TRICARE Prime PCMs may be:

- At a military hospital or clinic
- A civilian TRICARE network provider within a PSA
- A primary care provider in the US-FHP, depending on your location and sponsor status

Whether you receive care in the civilian sector or at a military hospital or clinic will depend on your location and the capacity at nearby military facilities.

#### TRICARE Select

On Jan. 1, 2018, TRICARE Select replaced TRICARE Standard and TRICARE Extra. TRICARE Select is a self-managed, preferred-provider option for eligible beneficiaries (except ADSMs and TRICARE For Life beneficiaries) not enrolled in TRICARE Prime. TRICARE Select allows you to choose your own TRICARE-authorized provider and manage your own health care.

There are two types of TRICARE-authorized providers: Network and Non-

Network. An authorized provider is any individual, institution/organization, or supplier that is licensed by a state, accredited by national organization, or meets other standards of the medical community, and is certified to provide benefits under TRICARE)

Beneficiaries may receive enhanced TRICARE Select benefits from any TRICARE-authorized provider without a referral. You'll have lower out-of-pocket costs if care is provided by a TRICARE-authorized network provider. Some services require prior authorization. You may also receive certain services from non-network, TRICARE-authorized providers, but will pay higher cost sharing amounts for out-of-network care. TRICARE won't reimburse you for care received from non-authorized, non-network providers.

Under a TRICARE Select option, you pay a fixed fee for care for most services from a TRICARE network provider instead of paying a percentage of the

allowable charge — the maximum amount TRICARE pays for each procedure or service. This is tied by law to Medicare's allowable charges. As mentioned above, using a non-network, TRICARE-authorized provider results in both a higher deductible and out-of-pocket costs. In overseas locations, TOP Select is available to eligible ADFMs not enrolled in TOP Prime and to retirees and their family members.

Where the TRICARE network has not been established in an overseas location, TRICARE Select beneficiaries who receive medically necessary (appropriate, reasonable, and adequate for your condition) covered services from a non-network, TRICARE-authorized provider will be subject to cost-sharing amounts applicable to out-of-network care.

Take command of your health by making informed decisions about your TRICARE benefit. Learn more about your TRICARE options at:

[www.tricare.mil/Plans/HealthPlans](http://www.tricare.mil/Plans/HealthPlans)

# Advice for older adults: Get new shingles vaccine

*From Health.mil*

FALLS CHURCH, Va. — A new shingles vaccine is rolling out across the Military Health System, and health care experts say it's a game changer. The vaccine, Shingrix, is recommended for healthy adults 50 and older to prevent shingles, a painful skin rash that can have debilitating long-term effects for older people.

"Who's at risk for getting shingles? Anyone who's had the chickenpox," said retired Air Force Col. David Hrncir, an allergist-immunologist at Lackland Air Force Base in San Antonio.

According to medical literature, Hrncir said, "Anywhere from 90 to 99 percent of people now over the age of 40 had chickenpox, before there was a chickenpox vaccine. About one-third will get shingles at some point in their lives, if they're not protected."

An earlier shingles vaccine was introduced in 2006, said Hrncir, who's also director of the Defense Health Agency Immunization Healthcare Branch Regional Vaccine Safety Hub. But that vaccine was for people 60 and older when it first came out, and only about 70 percent effective in offering full protection against the virus.

"People who had the old vaccine will benefit from getting the new one,"

Hrncir said. "Also, shingles can recur. So even if you've already had shingles, get the new vaccine."

The Centers for Disease Control and Prevention (CDC) offers advice about those who should not get the new vaccine.

A virus called varicella zoster causes shingles. It's the same virus that causes chickenpox. After chickenpox clears, the virus stays dormant. Health care experts don't know why, but the virus may erupt many years later as shingles.

Shingles usually develops as a stripe across one side of the body or face, according to the Centers for Disease Control and Prevention. People may feel pain, itching, or tingling in the area where the rash occurs a few days before it actually appears, the CDC said. Other symptoms may include fever, headaches, and chills.

A few days after the rash appears, it turns into fluid-filled blisters, Hrncir said. They usually scab over after a week or 10 days, and then the scabs clear up a couple of weeks after that, he said.

But the pain may persist even after the rash clears. Some people develop postherpetic neuralgia, or PHN.

"The older you are when you get shingles, the more likely it is you'll develop PHN and have longer-lasting and severe pain," Hrncir said. "And it's pain that's not easily treated. So you're left with

this constant pain that can significantly affect quality of life."

Soon-Ja Boyette of Stafford, Va., understands that all too well. More than five months after getting shingles, the 75-year-old Army widow still experiences shooting pain from underneath her left breast to the top of her backbone, the path of her shingles rash.

"I'm getting better," said Boyette, who goes to Fort Belvoir Community Hospital in Virginia. "The pain isn't nearly as bad as it used to be. Every day, I'm praying, praying, praying that it's finished."

Hrncir said the new vaccine is a two-dose series, with the second dose administered anywhere from two to six months after the first. A majority of patients have reported side effects for two or three days after vaccination, he said. They include headaches, fatigue, and nausea. The CDC advises patients to talk with providers about possible side effects.

"Frankly, if that's the extent of it, I'm willing to go through it and get the vaccine so I can avoid shingles later on," said John Acton, a retired Coast Guard rear admiral. Acton is planning to talk with his provider about getting vaccinated, even though he had the original shingles vaccine several years ago.

Patients should contact their local MTF to verify the vaccine is available.

***Sailors assigned to the Arleigh Burke-class guided-missile destroyer USS Mustin (DDG 89) heave a line during a replenishment-at-sea with the fleet replenishment oiler USNS Rappahannock (T-AO-204), March 3. Mustin is forward-deployed to the U.S. 7th Fleet area of operations in support of security and stability in the Indo-Pacific region.***



Mass Communication Specialist 2nd Class William McCann





*Left, Operations Specialist 3rd Class Cassandra Ramirez participates in a combat systems drill aboard the Arleigh Burke-class guided-missile destroyer USS Ross (DDG 71). Ross is forward-deployed to Rota, Spain, on its sixth patrol in the U.S. 6th Fleet area of operations.*

*Right, Aviation Machinist's Mate 3rd Class Benjamin Wittie inspects an afterburner aboard the aircraft carrier USS Theodore Roosevelt (CVN 71), March 17. The carrier strike group is deployed to the U.S. 5th Fleet area of operations in support of maritime security operations.*



## Tech firm receives \$496K to upgrade VA's information tech capabilities

WASHINGTON — On March 14, the U.S. Department of Veterans Affairs (VA) announced the award of a \$496,405 task order to Favor TechConsulting (FTC) LLC to provide Identity and Access Management (IAM) services to improve and maximize cost savings to VA's current information technology (IT) infrastructure.

The task order, which was awarded Feb. 1, enables VA's "Buy vs. Build" initiative, the result of a challenge from former VA Secretary David Shulkin to work with private industry to find creative contracting approaches to save money by purchasing commercially available IT products for less money, versus having VA develop its own.

"This award is representative of the innovative contracting approaches VA needs to achieve our goal of Buy vs. Build," Shulkin said. "As we continue VA's transformation, we will look for managed service offerings from which VA can ben-

efit. This allows VA to focus its attention and resources on providing health care and benefits to Veterans."

VA determined that FTC's proposal to implement Okta Inc.'s Identification as a Service (IDaaS) IAM solution, an alternative to its current IAM solutions, has the potential to result in short-term cost savings of approximately \$350,000 and even greater long-term savings once fully implemented in a production environment of over \$25 million a year.

The task order was awarded under VA's Transformation Twenty-One Total Technology Next Generation (T4NG) Indefinite Delivery Indefinite Quantity Contract, which delivers contractor-provided IT service solutions, including technical support and cybersecurity among other IT and health-related IT requirements. The T4NG contract awards support the department's modernization effort, improving the way VA serves veterans.

## VA Accepting Applications for 2018 National Veterans Golden Age Games

WASHINGTON — The VA will begin accepting applications on April 2 from veterans interested in competing in the 2018 National Veterans Golden Age Games in Albuquerque, New Mexico, Aug. 3-8.

Veterans ages 55 and older and eligible for VA health care benefits may complete applications online through May 2 at [www.veteransgoldenagegames.va.gov](http://www.veteransgoldenagegames.va.gov).

"The Golden Age Games empower our

nation's senior Veterans to lead active, healthy lives," said former VA Secretary David Shulkin. "After more than a week of competition, many participants have boasted of an overall improvement to their quality of life and a rejuvenation to stay active and fit."

Nearly 800 athletes are expected to compete in the national multi-sport competition for senior veterans. The event encourages participants to make

physical activity a central part of their lives, and supports VA's comprehensive recreation and rehabilitation therapy programs.

Competitive events include air rifle, badminton, basketball, bocchia, bowling, cycling, blind disc golf, golf, horseshoes, nine ball, pickleball, powerwalk, shuffleboard, swimming, table tennis and track and field. Exhibition events include air pistol, archery and floorball.

# FDA clears blood test for detecting brain injury

*Courtesy of Health.mil*

FALLS CHURCH, Va. — Brain injury can happen from a fall, while in combat, or during training exercises. Thanks in part to research funded by the Dept. of Defense and the U.S. Army, Banyan Biomarkers has created the first-ever brain trauma blood test.

On Feb. 14, the Food and Drug Administration (FDA) cleared marketing of the Banyan Biomarkers' Brain Trauma Indicator, or BTI™.

The BTI can identify two brain-specific protein markers, called UCH-L1 (Ubiquitin Carboxy-terminal Hydrolase-L1) and GFAP (Glial Fibrillary Acidic Protein). These proteins rapidly appear in the blood and are elevated 12 hours following an incident where a head injury occurs and can signify if there is bleeding in the brain. The two protein markers won't be elevated if your brain is uninjured or if you have a mild traumatic brain injury (TBI), otherwise known as a concussion.

"When these proteins are elevated, there may be blood in the brain," said Kathy Helmick, acting director of the Defense and Veterans Brain Injury Center (DVBIC). "A hematoma, or blood in the brain, may indicate a more serious brain injury has occurred, which could require rapid evacuation for neurosurgery to remove a clot in the brain."

The first thing a doctor tries to rule out with suspected brain injury is the potential for serious complications, like losing consciousness, going into a coma, or death. According to the research results and FDA clearance, the blood test can help medical professionals determine the need for computed tomography (CT) scans in patients suspected of having a concussion. It also can help prevent unnecessary radiation exposure for patients.

Prior to discovering these biological protein markers, medical professionals had to rely on symptom reporting and other more subjective means to evaluate patients with few signals of more serious head injury.

"This technology helps us identify red flags after you suspect a head injury so that you can get the person to definitive care," Helmick explained. "Most times, the blood test will be negative and the medical provider will continue with a concussion evaluation."

Lt. Col. Kara Schmid said U.S. Army Medical Research and Materiel Command will "begin limited user testing with the device in the first quarter of fiscal year 2019." Schmid is a project manager for the Neurotrauma and Psychological Health Project Management Office at the U.S. Army Medical Materiel Development Activity. "Improvements could make the device more supportable by the military health system."

The Department of Defense has been seeking a method for diagnosing and evaluating TBI in service members for over a decade. According to DVBIC, over 375,000 service members have been diagnosed with TBI since 2000. Approximately 82



Photo by Photographer's Mate 3rd Class Jeremy L. Grisham

**Research found two proteins rapidly appear in the blood following a blow or jolt to the head when a serious traumatic brain injury occurs. Now there is a blood test that can identify whether the proteins are in the blood or not. With the blood test as a diagnostic tool, medical professionals can rule out more serious brain injuries while evaluating someone with a suspected concussion.**

percent of those TBI cases are classified as a concussion.

According to Dr. Kelley Brix, who is a branch chief for interagency research and development at the Defense Health Agency – the need for diagnosing milder forms of brain injury sparked research questions that were funded as part of a greater TBI research portfolio.

"The research question became centered on if the brain releases anything detectable into the blood stream when there is damage," said Brix. "The answer is yes. This is a big project with a successful outcome. But, it's only part of our large portfolio looking at improved ways to diagnose and treat TBI."

Helmick says knowing whether blood, swelling, or bruising on the brain has taken place helps with understanding the severity of the TBI.

"These two proteins give us a window of insight into what is going on in the brain," said Helmick. "We have lacked objective devices and data in TBI, especially with concussion. The reason biological markers are so important is because they are accurate, sensitive, and objective."

Making the machine required to run the blood test smaller and more portable is a work in progress, as currently it's intended for use in a laboratory. Logistical constraints of the BTI device make deployment to the force a challenge.

"There is active work going on to reduce the 3-4 hour time frame for getting test results, which could make it even more usable for austere environments," Helmick said. "This blood test is an example of a significant public-private success and a huge advancement in the field of TBI."





### ***H.R.303 - Retired Pay Restoration Act***

**Summary:** This bill allows the receipt of both military retired pay and veterans' disability compensation with respect to any service-connected disability (only for a disability rated at 50 percent or more), and also repeals provisions phasing in the full concurrent receipt of such pay through Dec. 31, 2013.

Individuals who were retired or separated from military service due to a service-connected disability shall be eligible for the full concurrent receipt of both veterans' disability compensation and either military retired pay or combat-related special pay.

**Status:** Introduced in the House on Jan. 5, 2017, the bill has made its way from the House Armed Services and House Veteran Affairs committees to the House Subcommittee on Disability Assistance and Memorial Affairs. The bill currently resides with the House Subcommittee on Military Personnel, where it was referred on Feb. 21, 2017.

### ***S.66 - Retired Pay Restoration Act***

**Summary:** This Senate bill allows the receipt of both military retired pay and veterans' disability compensation with respect to any service-connected disability (under current law, such a disability must be rated as not less than 50 percent disabling).

The bill makes eligible for the full concurrent receipt of both veterans' disability compensation and either military retired pay or combat-related special pay those individuals who were retired or separated from military service due to a service-connected disability.

**Status:** Introduced on Jan. 9, 2017, it was read twice and referred to the Com-

mittee on Armed Services the same day.

### ***H.R.333 - Disabled Veterans Tax Termination Act***

**Summary:** This bill amends federal military retired pay provisions to permit veterans with a service-connected disability of less than 50 percent to concurrently receive both retired pay and disability compensation; eliminate provisions requiring a phase-in between Jan. 1, 2004, and Dec. 31, 2013, of concurrent receipt of retired pay and disability compensation. It would also eliminate a phase-in of concurrent receipt of retired pay and disability compensation for disabled veterans determined to be individually unemployable, and require a limited reduction in retired pay for qualified disability retirees with less than 20 years of retirement-creditable service.

**Status:** This bill was introduced in the House on Jan. 5, 2017, and was referred to the House Subcommittee on Military Personnel on Feb. 21, 2017.

### ***H.R.4016 - Restore Veterans' Compensation Act of 2017***

**Summary:** This item would eliminate the recoupment of separation pay, special separation benefits, and voluntary separation incentive payments from members of the Armed Forces who subsequently receive disability compensation under laws administered by the Department of Veterans Affairs and to impose limitations on the authority of the Secretary of Defense to recoup such pay from members who subsequently receive military retired or retainer pay.

**Status:** Introduced on Oct. 11, 2017, the bill was referred to the House Armed Services and to the Veterans' Affairs committees the same day. It

currently resides with the House Subcommittee on Military Personnel, where it was referred on Nov. 16, 2017.

### ***S.Res.377 - "Military Retiree Appreciation Day"***

**Summary:** This resolution, introduced Jan. 23, seeks to recognize the importance of paying tribute to those individuals who have faithfully served and retired from the Armed Forces of the United States, designating Apr. 18, 2018, as "Military Retiree Appreciation Day," and encouraging the people of the United States to honor the past and continued service of military retirees to their local communities and the United States.

**Status:** This item was referred to the Senate Committee on the Judiciary the day it was introduced.

### ***H.R.3705 - Veterans Fair Debt Notice Act***

**Summary:** This bill directs the Department of Veterans Affairs (VA) to collaborate with veterans service organizations to write a standard letter to be provided to individuals who owe debts to the VA. The letter must include a notice of the debt, a clear explanation of why debt is owed, and any available options.

It also directs the VA to develop a method by which veterans can elect the method of receiving debt notification letters, and to ensure that the letter is delivered, both by standard mail and electronic means to those who have chosen this option, and only by standard mail to veterans who have not made such a choice.

**Status:** Introduced in the House on Sept. 7, 2017, the bill was amended by the Committee on Veterans' Affairs. It was passed by the House by a 422-0 vote. It now goes to the Senate.

# Aviation choir seeks alumni for concert

**Submitted by James Lois,  
CDR, USN, Retired**

The Naval Air Training Command Choir, officially sponsored by the U.S. Navy from 1949 until the early 2000s, is reuniting members from across the years.

For more than 50 years, members were flight students or instructors in Pensacola, Fla. They now perform unofficially, driven by love of country, service and song.

Alumni have been invited to the University of Florida in Gainesville to perform Dec. 2 with more than 200 other singers and a symphony orchestra, in an extraordinary event celebrating the 200th anniversary of the Christmas carol Silent Night.

An especially unique segment of the concert will convey the true story of the 1914 Christmas Eve cease-fire between

German and Allied troops in World War I when soldiers set aside their weapons, exchanged gifts and sang carols together.

The event will be directed by Will Kesling, the university's director of choral activities. He is a former director of the Naval Air Training Command Choir and was a Naval Flight Officer with a Navy A-6 attack squadron.

While in the Gainesville area, the choir will also perform some of their traditional patriotic and military numbers at other venues. Former members who still enjoy singing and are interested in participating in this — or future choir activities — should register now at [www.tinyurl.com/NATCC-Signup](http://www.tinyurl.com/NATCC-Signup). Or, send an e-mail to [natcc1@aol.com](mailto:natcc1@aol.com) and include your name, phone, e-mail, years in the choir, mailing address and vocal



range. Or, you may mail the same information to Dave Scott, P.O. Box 6892, Huntsville, AL 35813.

Music scores, recorded rehearsal tracks and other preparation aids will be provided electronically, and two days of rehearsal will precede the concert.

Facebook users may connect with choir members at [www.facebook.com/groups/natcc](http://www.facebook.com/groups/natcc).

## Shipmates Once Lost Return Home



*Left: Navy Diver 1st Class Scott Johnson, assigned to Mobile Diving and Salvage Unit (MDSU) 1 and embarked aboard the Safeguard-class salvage ship USNS Salvor (T-ARS-52), dredges an excavation site on Jan. 24 with a venturi vacuum system during a Defense POW/MIA Accounting Agency led underwater recovery operation as they search for personnel who went missing during WWII off the coast of Koror.*

*Below: Service members render honors while conducting a Feb. 24 repatriation ceremony for recovered remains of WWII service members.*

Photos by Mass Communication Specialist 2nd Class Tyler Thompson





# 2018 BLUE ANGELS SHOW SCHEDULE

## April

7-8 \* Waco, TX  
Heart of Texas Air Show  
[www.heartoftexasairshow.com](http://www.heartoftexasairshow.com)

14-15 \* Tuscaloosa, AL  
Tuscaloosa Regional Air Show  
[www.tuscaloosaregionalairshow.com](http://www.tuscaloosaregionalairshow.com)

21-22 \* Vero Beach, FL  
Vero Beach Air Show  
[www.veroairshow.com](http://www.veroairshow.com)

28-29 \* Myrtle Beach, SC  
Wings Over Myrtle Beach  
[www.wingsovermyrtlebeach.com](http://www.wingsovermyrtlebeach.com)

## May

5-6 \* Havelock, NC  
MCAS Cherry Point Air Show  
[www.cherrypointairshow.com](http://www.cherrypointairshow.com)

12-13 \* Tampa, FL  
Tampa Bay Airfest  
[www.macdill.af.mil/AirFest-2018](http://www.macdill.af.mil/AirFest-2018)

23 \* Annapolis, MD  
U.S. Naval Academy Air Show  
&  
25 \* Annapolis, MD  
U.S. Naval Academy  
Graduation Flyover  
[www.visitannapolis.org/events/annual/commissioning-week](http://www.visitannapolis.org/events/annual/commissioning-week)

26-27 \* Wantagh, NY  
Jones Beach Air Show  
[www.bethpageairshow.com](http://www.bethpageairshow.com)

## June

2-3 \* NAS Patuxent River, MD  
NAS Patuxent River  
75th Anniversary Air Expo  
[www.paxriverairexpo.com](http://www.paxriverairexpo.com)

9-10 \* North Kingstown, RI  
Rhode Island National Guard Open  
House and Air Show  
[www.rhodeislandairshow.com](http://www.rhodeislandairshow.com)

16-17 \* Eau Claire, WI  
Chippewa Valley Air Show  
[www.chippewavalleyairshow.com](http://www.chippewavalleyairshow.com)

23-24 \* Dayton, OH  
Dayton Air Show  
[www.daytonairshow.com](http://www.daytonairshow.com)

30 \* Traverse City, MI  
National Cherry Festival  
Air Show  
[www.cherryfestival.org/events/2018/air-show](http://www.cherryfestival.org/events/2018/air-show)



## August

4-5 \* Seattle, WA  
Boeing Seafair Air Show  
[www.seafair.com](http://www.seafair.com)

11-12 \* Abbotsford, British Columbia  
Abbotsford International Air Show  
[www.abbotsfordairshow.com](http://www.abbotsfordairshow.com)

18-19 \* Terre Haute, IN  
Terre Haute Air Show  
[www.terrehauteairshow.com](http://www.terrehauteairshow.com)

25-26 \* St. Joseph, MO  
Sound of Speed Air Show  
[www.139aw.af.mil/SoundofSpeed](http://www.139aw.af.mil/SoundofSpeed)

## September

1-3 \* Cleveland, OH  
Cleveland National Air Show  
[www.clevelandairshow.com](http://www.clevelandairshow.com)

15-16 \* Owensboro, KY  
Owensboro Air Show  
[www.owensboroairshow.com](http://www.owensboroairshow.com)

22-23 \* NAS Oceana, VA  
Naval Air Station Oceana Air Show  
[www.oceanaairshow.com](http://www.oceanaairshow.com)

29-30 \* San Diego, CA  
Marine Corps Air Station Miramar Air Show  
[www.miramaraairshow.com](http://www.miramaraairshow.com)

## October

6-7  
San Francisco, CA  
San Francisco Fleet Week  
[www.fleetweeksf.org](http://www.fleetweeksf.org)

13-14  
Minden-Tahoe, NV  
Aviation Roundup Air Show  
[www.aviationroundup.com](http://www.aviationroundup.com)

20-21  
Houston, TX  
Wings Over Houston Air Show  
[www.wingsoverhouston.com](http://www.wingsoverhouston.com)

27-28  
Naval Air Station Jacksonville, FL  
Birthplace of the Blue Angels Air Show  
[www.nasjaxairshow.com](http://www.nasjaxairshow.com)

## November

2-3  
Naval Air Station Pensacola, FL  
Blue Angels Homecoming Air Show  
[www.naspensacolaairshow.com](http://www.naspensacolaairshow.com)

## July

1 \* Traverse City, MI  
National Cherry Festival Air Show  
[www.cherryfestival.org/events/2018/air-show](http://www.cherryfestival.org/events/2018/air-show)

14 \* Pensacola, FL  
Pensacola Beach Air Show  
[www.visitpensacola.com/event/2018-pensacola-beach-air-show/2958](http://www.visitpensacola.com/event/2018-pensacola-beach-air-show/2958)

21-22 \* Biloxi, MS  
Biloxi Gulf Coast Air Show  
(Website not created)

28-29 \* Fargo, ND  
Fargo AirShow  
[www.fargoairshow.com](http://www.fargoairshow.com)

Blue Angels 2018 Season Teaser  
[www.youtube.com/watch?v=Yp4p9DqrARs](http://www.youtube.com/watch?v=Yp4p9DqrARs)



# REUNIONS

<http://www.public.navy.mil/bupers-npc/reference/publications/shiftcolors/Pages/default.aspx>



To ensure your event is publicized, send us your information as soon possible, including POC phone and email. If your event is not listed here, check the Reunions link on the left.

SHIP/STATION	Date	Phone	Email/Web
USS WOODROW WILSON (SSBN 624)	Apr. 9-13	(360) 271-9830	<a href="mailto:mcross@telebyte.com">mcross@telebyte.com</a>
USS CARPENTER (DD825)	Apr. 19-23	(714) 776-4019	<a href="mailto:kennjd3@gmail.com">kennjd3@gmail.com</a>
USS ROARK (DE 1053) (Plank owners & Sailors)	Apr. 25-27	(605) 728-1076	<a href="mailto:dfields4@sio.midco.net">dfields4@sio.midco.net</a>
USS CONSERVER (ARS-39)	Apr. 26-29	(610) 780-5484	<a href="mailto:kcwrdc@yahoo.com">kcwrdc@yahoo.com</a> <a href="http://www.ussconserver.org">www.ussconserver.org</a>
Patrol Squadron VP-65	Apr. 26-28	(949) 922-6198	<a href="mailto:RHouse1942@outlook.com">RHouse1942@outlook.com</a>
Retired Navy Downeast'r (Sailors who served in the Camp Lejeune/ and Navy retirees who reside in the area)	Apr. 27-28	(910) 330-7713	<a href="mailto:cozz20@aol.com">cozz20@aol.com</a> <a href="http://www.facebook.com/Retired-Navy-Downeast-1417548441843837">www.facebook.com/Retired-Navy-Downeast-1417548441843837</a>
Navy Postal Clerks Association	Apr. 29-May 3	(717) 226-1595	<a href="mailto:hassommno1@aol.com">hassommno1@aol.com</a>
USS DONNER (LSD-20)	Apr. 30-May 3	(610) 775-7539	<a href="mailto:dennisheimb@gmail.com">dennisheimb@gmail.com</a>
USS SAN MARCOS (LSD-25)	May 4-6	(215) 287-4311	<a href="mailto:jacklieberman8104@comcast.net">jacklieberman8104@comcast.net</a> <a href="http://ussanmarcosreunion.wixsite.com/uss-san-marcos-assn">http://ussanmarcosreunion.wixsite.com/uss-san-marcos-assn</a>
USS CAIMAN (SS-323)	May 7-10	(360) 692-8232	<a href="mailto:dbfrider@comcast.net">dbfrider@comcast.net</a>
USS RICH (DD/DDE 820)	May 7-11	(870) 692-1173	<a href="mailto:reunion2018@ussrich.org">reunion2018@ussrich.org</a> <a href="http://www.ussrich.org">www.ussrich.org</a>
Helicopter Combat Support Squadron 7	May 17-19	(903) 330-2884	<a href="mailto:olenchas@icloud.com">olenchas@icloud.com</a>
Naval Air Station Atlanta (open to all ranks who served between 1941-2009)	May 18-19	(850) 217-7219	<a href="mailto:willtatejr@yahoo.com">willtatejr@yahoo.com</a>
USS SOMERS (DD381/DD947/DDG34)	June 3-6	(315) 668-0332	<a href="mailto:rplante@gmail.com">rplante@gmail.com</a>
USS RASHER (SS/SSR/AGSS-269)	June 6-10	(804) 815-0730	<a href="mailto:drifterpilot@cox.net">drifterpilot@cox.net</a>
USS FLASHER (SSN 613)	June 6-9	(815) 936-9318	<a href="mailto:Tuppy613@aol.com">Tuppy613@aol.com</a>
U.S. Naval Facility Lewes Delaware & U.S. Naval Facility San Salvador	June 9	(215) 693-1364	<a href="mailto:yogabulldog@aol.com">yogabulldog@aol.com</a>
USS HENRY COUNTY (LST 824)	June 11-15		<a href="mailto:aterraciojr@gmail.com">aterraciojr@gmail.com</a>
USS FORREST B ROYAL (DD872)	June 21-24	(715) 423-8905	<a href="mailto:mosbyusn@wctc.net">mosbyusn@wctc.net</a>
Patrol Squadron 11	July 1-4	(252) 537-0484	<a href="mailto:captemb@gmail.com">captemb@gmail.com</a>

Naval Hospital Roosevelt Roads	Aug. 24-27		<a href="mailto:navhosprrr@gmail.com">navhosprrr@gmail.com</a>
USS JOHN R CRAIG (DD885)	Sept. 5-9	(734) 525-1469	<a href="mailto:jermail@ameritech.net">jermail@ameritech.net</a>
USS SAM HOUSTON (SSBN/SSN 609)	Sept. 6-8	(302) 764-1197	<a href="mailto:howardvaldobson@verizon.net">howardvaldobson@verizon.net</a>
USS WALLACE L LIND (DD703)	Sept. 6-10	(513) 896-5851	<a href="mailto:linkienestep@aol.com">linkienestep@aol.com</a>
USS CONCORD (AFS-5)	Sept. 12-16	(719) 380-1412	<a href="mailto:sherry.acompletetereunion@gmail.com">sherry.acompletetereunion@gmail.com</a> <a href="http://www.ussconcord.org">www.ussconcord.org</a>
USS FULTON (AS-11)	Sept 12-16	(402) 337-0034	<a href="mailto:catcollins@yahoo.com">catcollins@yahoo.com</a> <a href="http://www.ussfulton.org">www.ussfulton.org</a>
USS HECTOR (AR-7)	Sept. 19-23	(304) 799-6447 (301) 665-3847	<a href="mailto:hdbassman46@yahoo.com">hdbassman46@yahoo.com</a> <a href="mailto:mgttd2@myactv.net">mgttd2@myactv.net</a> <a href="http://www.usshector.com">www.usshector.com</a>
USS HORNET (CV-8, CV. CVA, CVS-12)	Sept. 19-23	(814) 224-5063	<a href="mailto:hornetcva@aol.com">hornetcva@aol.com</a> <a href="http://www.usshornetassn.com">www.usshornetassn.com</a>
USS WINDHAM BAY (CVE 92)	Sept. 19 – 23	(210) 495-4845	<a href="mailto:windhambay@aol.com">windhambay@aol.com</a>
USS ABNAKI (ATF 96)	Sept. 19-23	(916) 893-3198	<a href="mailto:fcardoza76@yahoo.com">fcardoza76@yahoo.com</a>
USS ELMER MONTGOMERY (DE/FF-1082)	Sept. 20-23		<a href="mailto:mhb9teen56@gmail.com">mhb9teen56@gmail.com</a> <a href="mailto:deff1082.reunion@gmail.com">deff1082.reunion@gmail.com</a>
VQ 1, 2, 5, 6 ( <i>and Support Groups</i> )	Sept. 20-23	(480) 313-4661	<a href="mailto:amcsret@cox.net">amcsret@cox.net</a>
USS OKLAHOMA CITY (CL91, CLG/CG5, SSN723)	Sept. 25-30	(620) 399-3999	<a href="mailto:rlbjfb@cox.net">rlbjfb@cox.net</a>
USS STODDARD (DD-566)	Sept. 26-29	(206) 947-2303	<a href="mailto:dwithers@rodaxwireless.com">dwithers@rodaxwireless.com</a>
USS HOPEWELL (DD-681)	Oct. 1-5	(417) 779-3643	<a href="mailto:douggraybeal@aol.com">douggraybeal@aol.com</a>
USS SHANGRI-LA (CV/CVA/CSV-38)	Oct. 3-7	(484) 894-5121	<a href="mailto:shangair@yahoo.com">shangair@yahoo.com</a>
USS THREADFIN (SS-410) Assoc.	Oct. 4-7	(904) 646-3814	<a href="mailto:snrkolb@comcast.net">snrkolb@comcast.net</a>
USS CANBERRA (CA-70/CAG-2)	Oct. 10-14	(740) 423-8976	<a href="mailto:usscanberra@gmail.com">usscanberra@gmail.com</a>
USS BEALE (DDE/DD-471)	Oct. 12-15	(321) 544-0950 (727) 868-4453	<a href="mailto:pbarry@hotmail.com">pbarry@hotmail.com</a> <a href="mailto:boilerbum81@msn.com">boilerbum81@msn.com</a>
Mine Division 113 (Vietnam)	Oct. 18-21	(501) 620-0593	<a href="mailto:don9329@hotmail.com">don9329@hotmail.com</a>
USS TAKELMA (ATF-113)	Oct. 28	(260) 499-0663	<a href="mailto:micsimmons@hotmail.com">micsimmons@hotmail.com</a>
USS WASP (CV 18) & USS WASP (LHD 1)	Oct. 28-Nov. 1	(985) 664-7345	<a href="mailto:cas3665@yahoo.com">cas3665@yahoo.com</a> <a href="http://www.usswaspassociation.org">www.usswaspassociation.org</a>

# Retired Activities Office Phone Listing

**NOTE:** Locations listed with '★' need volunteers.

## Navy and Joint RAOs

### **Arizona**

➤ Retired Activities Office  
Navy Operational Support Center  
14160 W. Marauder St.  
Luke AFB, Phoenix, AZ 85309  
9 a.m. - 1 p.m. (Mon.-Fri.)  
☎ (602) 353-3033

### **California**

➤ Retired Activities Office  
Naval Air Weapons Station  
Code 75H000D  
1 Administration Circle  
China Lake, 93555-6100  
9 a.m. - 3 p.m. (Mon.-Fri.)  
☎ (760) 939-0978

➤ Retired Activities Office  
Fleet And Family Support Center  
966 Franklin Ave.  
Naval Air Station  
Lemoore, CA 93246-5001  
☎ (559) 998-4032

➤ Retired Activities Office  
Housing Office Bldg. 587  
Moffet Field, CA 94035-0162  
9:30 a.m. - 12:30 p.m.  
(Tues., Wed., Fri.)  
☎ (650) 603-8047

➤ Retired Activities Office  
Fleet And Family Support Center  
1000 23rd Ave, Bldg 1169  
Port Hueneme, CA 93043  
8 a.m. - 4 p.m. (Mon.-Fri.)  
☎ (805) 982-1023

➤ Retired Activities Office  
Naval Amphibious Base (NAB)  
3324 Guadalcanal Road, Bldg. 16  
Coronado, CA 92155  
8:30 a.m. - 4 p.m. (Mon., Tues.,  
Thu.-Fri.)  
☎ (619) 437-2780

➤ Retired Activities Office  
Navy Base San Diego (NBSD)  
3005 Corbina Alley, Bldg 259  
San Diego, CA 92136-5190  
0830-1600 (Mon, Tues, Thu, Fri)  
☎ (619) 556-8987

➤ Retired Activities Office  
Naval Weapons Station Seal Beach  
800 Seal Beach Blvd.  
Bldg. 22, Room. 2  
Seal Beach, CA 90740-5000  
9 a.m. - 3 p.m. (Mon.-Thu.)  
9 a.m. - noon (Fri.)  
☎ (562) 626-7152

### **Connecticut**

Retired Activities Office  
Naval Sub Base, New London  
Building 83, Room 172  
P.O. Box 93  
Groton, CT 06349-5000  
9 a.m. - noon (Mon. - Fri.)  
☎ (860) 694-3284

### **Florida**

➤ Retired Activities Office  
Naval Air Station, Jacksonville  
Fleet And Family Support Center  
554 Childs St., Bldg. 876  
P.O. Box 136  
Jacksonville, FL 32212-0136  
0900-1500 (Mon-Fri)  
☎ (904) 542-5790

➤ Retired Activities Office  
Fleet And Family Support Center  
Naval Air Station Whiting Field  
7511 USS Enterprise St., Bldg. 3025  
Milton, FL 32570-5000  
8:30 - 11:30 a.m. (Mon. & Fri.)  
☎ (850) 623-7215/7177

➤ Retired Activities Office  
Fleet And Family Support Center  
Naval Air Station  
151 Ellyson Ave.  
Pensacola, FL 32508-5217  
9 a.m. - 1 p.m. (Mon.-Fri.)  
☎ (850) 452-5622

### **Hawaii**

➤ Retired Activities Office  
Military And Family Support Center  
4827 Bougainville Drive  
Honolulu, HI 96818-3174  
8 a.m. - 3 p.m. (Mon.-Fri.)  
☎ (808) 474-0032

➤ 850 Ticonderoga St Ste 100 (RAO)  
Pearl Harbor, HI 96860-5101

### **Maryland**

➤ Retired Activities Office  
Fleet And Family Support Center  
NSA Annapolis  
168 Bennion Rd.  
Annapolis, MD. 21402  
9 - 11 a.m. (Wed.)  
☎ (410) 293-2641

### **Massachusetts**

➤ Retired Activities Office  
Navy Operational Support Center  
85 Sea St.  
Quincy, MA 02169  
11 a.m. - 3 p.m. (Fri.)  
☎ (617) 753-4636/26

### **Michigan (Joint)**

➤ Retired Activities Office  
P.O. Box 450045 Bldg. 168  
Selfridge Air National Guard Base  
(SANGB)  
MI 48045

9 a.m. - 3 p.m. (Tue-Fri)  
☎ (800) 645-9416, x 239-5580

### **Minnesota**

➤ Retired Activities Office  
Naval Operational Support Center  
5905 34th Avenue South  
Minneapolis, MN 55450  
10 a.m. - 2 p.m. (Tue. & Thu.)  
☎ (612) 713-4664

### **Missouri ★**

➤ Retired Activities Office, St Louis  
Navy Operational Support Center  
Air National Guard Base  
10810 Lambert International Blvd.

Bridgeton, MO 63044-2314  
9 a.m. - 1 p.m. (Tue.);  
11:30 a.m. - 1 p.m. (Fri)  
☎ (314) 524-9553

### **New Hampshire**

➤ Retired Activities Office  
Portsmouth Naval Shipyard  
Code 866 Bldg. 22  
Portsmouth, NH 03804-5000  
10 a.m. - 2 p.m. (Tue.-Thu.)  
☎ (207) 438-1868

### **Rhode Island ★**

**(Temporarily Closed)**  
*Service provided by RAO Groton, CT*

### **South Carolina (Joint) ★**

➤ Retired Activities Office  
103 Hill Blvd, Bldg. 503, Rm. 122  
Joint Base Charleston, S.C. 29404  
9 a.m. - noon (Mon.-Fri.)  
☎ (843) 963-2228

### **Tennessee ★**

➤ Retired Activities Office  
Fleet And Family Support Center  
Bldg. 456, 1st Floor  
NSA Memphis, Code N 763  
Millington, TN 38054-5000  
1000-1400 (Tue & Thu)  
☎ (901) 874-5195

### **Virginia ★**

➤ Retired Activities Regional Office  
Fleet And Family Support Center  
7928 14th St., Ste. 149  
Norfolk, VA 23505-1219  
10 a.m. - 2 p.m. (Mon.-Fri.)  
☎ (757) 445-4380

➤ Retired Activities Office  
Joint Expeditionary Base  
Little Creek/Fort Story  
1450 D Street  
Virginia Beach, VA 23459  
10 a.m. - 2 p.m. (Mon.-Fri.)  
☎ (757) 462-8663/7563

### **Washington**

➤ Retired Activities Office  
Fleet And Family Support Center  
Naval Station Everett  
13910 45th Ave. NE, Rm. 818  
Marysville, WA 98271  
10 a.m. - 1 p.m. (Mon.-Fri.)  
☎ (425) 304-3775/3721

➤ Retired Activities Office  
Fleet And Family Support Center  
Naval Air Station, Whidbey Island  
Nor' Wester Bldg. 2556  
Oak Harbor, WA 98278  
9 a.m. - noon (Mon.)  
☎ (360) 257-6432

➤ Retired Activities Office  
Fleet And Family Support Center  
Bangor  
(supports Bangor, Kitsap, Keyport  
and surrounding areas)  
1099 Tautog Circle  
Silverdale, WA 98315  
☎ (360) 396-1768/4115  
(Call for appointment)

### **Wisconsin**

➤ Retired Activities Office  
Navy Operational Support Center  
2401 South Lincoln Memorial Dr.  
Milwaukee, WI 53207-1999  
9 a.m. - 3 p.m. (Mon.-Fri.)  
☎ (414) 744-9766

## Navy RAO Overseas

### **Rota, Spain**

➤ Retired Activities Office  
NS Rota Community Support  
Bldg 3293  
PSC 819, Box 57  
FPO AE 09645-5500  
1 - 4 p.m. (Mon. Wed. Fri.)  
011-34-956-82-3232 (From Conus)

## Independent Retired Coordination Offices (IRCOCs)

*IRCOCs are independent retired activities efforts of interested retirees in areas which are geographically isolated from Navy and Marine Corps commands or installations, but which have a sizeable retired population and share the similar Navy sponsored RAO mission and operate in a similar manner.*

### **Florida**

➤ Retired Activities Office  
VA Building  
VA Lakemont Campus, Rm.125  
1300 Verterans Way  
Orlando, FL 32827  
9 a.m. - noon (Mon.-Fri.)  
☎ (407) 646-4110/4111/4114

### **Maine**

(also serves the Vermont area)  
➤ Retired Activities Office  
62 Pegasus Street, Ste. 101  
Unit B, Box 5  
Brunswick, ME 04011  
9 a.m. - 1 p.m. (Mon.-Fri.)  
☎ (207) 406-4103

### **New York**

➤ Retired Activities Office  
25 Baiting Place  
Farmingdale, N.Y. 11735  
11 a.m. - noon (Tue. & Fri.)  
☎ (631)-768-3248

## IDCO Overseas

### **Italy**

➤ Retired Activities Office  
Via De Amicis No. 16  
07024 La Maddalena  
O. T. Italy  
100 percent email contact  
✉ [Panzanic@Hotmail.com](mailto:Panzanic@Hotmail.com)

### **Subic Bay (Philippine Region)**

➤ Retired Activities Office  
Subic Bay-Olongapo  
No. 34 National Highway  
Barrio Barretto 2200  
Olongapo City  
PSC 517, Box R-S  
FPO/AP 96517-1000  
9 a.m. - 3 p.m. (Mon. - Fri.)  
✉ [Dir@Raosubic.Com](mailto:Dir@Raosubic.Com)  
☎ (Office) 011-63-47-222-2314  
(24/7 Cell) 639065705335



# Ready Reference Contact Information

**Air Force Retiree Services:** (800) 531-7502; [www.retirees.af.mil](http://www.retirees.af.mil)

**Arlington National Cemetery:** (703) 607-8000;

[www.arlingtoncemetery.org](http://www.arlingtoncemetery.org)

**Armed Forces Retirement Home:** (800) 422-9988; [www.afrh.gov](http://www.afrh.gov)

**Army & Air Force Exchange Service:** (214) 312-2011;

[www.aafes.com](http://www.aafes.com)

**Army Retired Services:** (703) 571-7232;

<https://soldierforlife.army.mil/retirement>

**Burial at Sea Information:** (866) 787-0081; [www.npc.navy.mil](http://www.npc.navy.mil)

**Combat Related Special Compensation:**

[www.donhq.navy.mil/corb/crscb/crscmainpage.htm](http://www.donhq.navy.mil/corb/crscb/crscmainpage.htm)

**DEERS:** (800)-538-9552, Fax: (831) 655-8317;

[www.tricare.osd.mil/deers](http://www.tricare.osd.mil/deers)

**Defense Commissary Agency:** [www.commissaries.com](http://www.commissaries.com)

**DFAS Casualty Assistance Branch:** (800) 321-1080 or (216) 522-5955; (For Reporting a Retiree's death, option #1)

**Fleet Reserve Association:** (703) 683-1400; [www.fra.org](http://www.fra.org)

**Gulf War homepage:** [www.gulflink.osd.mil](http://www.gulflink.osd.mil)

**I.D. Cards Benefits and Eligibility:** (866) 827-5672;

[www.npc.navy.mil/support/paypers/ID\\_Cards/Pages/default2.aspx](http://www.npc.navy.mil/support/paypers/ID_Cards/Pages/default2.aspx)

**Internal Revenue Service:** (800) 829-1040; [www.irs.gov](http://www.irs.gov)

**Marine Corps Retired Affairs:** (800) 336-4649; [www.usmc.mil](http://www.usmc.mil)

(Hover over "Marine Services" then click on "Retired Services")

**Medicare:** (800) 633-4227. TTY: (877) 486-2048; [www.medicare.gov](http://www.medicare.gov)

**Military Officers Assoc. of America:** (800) 234-6622; [www.moaa.org](http://www.moaa.org)

**National Burial Services:** (800) 697-6940

**NPC Navy Reserve Personnel Management (PERS 9):** (866) 827-5672;

[www.npc.navy.mil/career/reservepersonnelmgmt/Pages/default.aspx](http://www.npc.navy.mil/career/reservepersonnelmgmt/Pages/default.aspx)

**Navy Casualty Assistance:** (800) 368-3202

**Navy Retired Activities Office:** (866) U-ASK-NPC (866-827-5672)

MILL [RetiredActivities@navy.mil](mailto:RetiredActivities@navy.mil);

[www.npc.navy.mil/support/retired\\_activities/Pages/default.aspx](http://www.npc.navy.mil/support/retired_activities/Pages/default.aspx)

**Navy Uniform Shop:** (800) 368-4088; [www.navy-nex.com/uniform](http://www.navy-nex.com/uniform)

**Navy Worldwide Locator:** (866) U-ASK-NPC (866-827-5672);

[www.npc.navy.mil/organization/npc/csc/Pages/NavyLocatorService.aspx](http://www.npc.navy.mil/organization/npc/csc/Pages/NavyLocatorService.aspx)

**Reserve Component SBP:** (866) 827-5672 ask for PERS-912

**Retiree Dental — Delta Dental:** (888) 838-8737; [www.trdp.org](http://www.trdp.org)

**Servicemembers Group Insurance (SGLI):** (800) 419-1473;

[www.insurance.va.gov](http://www.insurance.va.gov)

**Naval Historical Center:** (202) 433-2210; [www.history.navy.mil](http://www.history.navy.mil)

**Social Security Administration:** (800) 772-1213; [www.ssa.gov](http://www.ssa.gov)

## **Pay/SBP Questions:** [www.dfas.mil](http://www.dfas.mil)

Pay inquiries and update of pay or SBP records in case of death, divorce or remarriage:

### **Retiree:**

Defense Finance and Accounting Service  
U.S. Military Retired Pay  
8899 E 56th Street  
Indianapolis, IN 46249-1200

### **SBP/RSFPP annuitant:**

Defense Finance and Accounting Service  
U.S. Military Annuitant Pay  
8899 E 56th Street  
Indianapolis IN 46249-1300

## **TRICARE:** [www.tricare.mil](http://www.tricare.mil)

**TRICARE North:** (877) TRICARE (874-2273); [www.hnfs.net/](http://www.hnfs.net/): CT, DC, DE, IL, IN, KY, MA, MD, ME, MI, NC, NH, NJ, NY, OH, PA, RI, VT, VA, WI, WV, some zip's in IA, MO, TN

**TRICARE South:** (800) 444-5445; [www.humana-military.com](http://www.humana-military.com): AL, AR, FL, GA, LA, MS, OK, SC, TN (except 35 TN zip's near Fort Campbell), and TX (except the extreme SW El Paso area)

**TRICARE West:** (877) 988-WEST (9378); [www.uhcmilitarywest.com](http://www.uhcmilitarywest.com): AK, AZ, CA, CO, HI, ID, IA (except 82 zip's near Rock Island), KS, MO (except St. Louis area), MN, MT, ND, NE, NM, NV, OR, DE, SW TX, UT, WA, WY

**TRICARE Overseas:** (888) 777-8343; [www.tricare.mil](http://www.tricare.mil)

**TRICARE For Life:** (866) 773-0404; [www.tricare.mil/tfl](http://www.tricare.mil/tfl)

**TRICARE mail order pharmacy:** (877) 363-1303;

[www.tricare.mil/pharmacy](http://www.tricare.mil/pharmacy) [www.express-scripts.com](http://www.express-scripts.com)

## **VA:** [www.va.gov](http://www.va.gov)

**Regional offices:** (800) 827-1000 (overseas retirees should contact the American Embassy/consulate), TDD (800) 829-4833

### **Insurance:**

VA Regional Office and Insurance Center

PO Box 7208 (claims inquiries) -ORPO

Box 7327 (loans) -ORPO

Box 7787 (payments)

Philadelphia PA 19101

(800) 669-8477; [www.insurance.va.gov](http://www.insurance.va.gov)

**Burial information:** (800) 827-1000; [www.cem.va.gov](http://www.cem.va.gov)

**GI Bill:** (888) 442-4551; [www.gibill.va.gov](http://www.gibill.va.gov)

## **Records:**

**For replacement DD 214s, service records, medical records, award information:**

**Retired prior to 1995:** [www.archives.gov/veterans/military-service-records](http://www.archives.gov/veterans/military-service-records)

### **Retired after 1995:**

Navy Personnel Command

PERS-312E

5720 Integrity Drive

Millington, TN 38055-3120

Fax requests to: (901) 874-2664

**Gray-area reservists:** (866) 827-5672

## **Navy recreation:** [www.mwr.navy.mil](http://www.mwr.navy.mil)

**Navy Gateway Inns & Suites:** <http://dodlodging.net>

**ITT:** <http://navymwr.org/mwrprgms/itt.html>

## **Sister service retiree publications:**

**Air Force Afterburner:** [www.retirees.af.mil/afterburner](http://www.retirees.af.mil/afterburner)

**Army Echoes:** <https://soldierforlife.army.mil/retirement/echoes>

**Coast Guard Evening Colors:**

<http://www.uscg.mil/hq/cg1/psc/ras>

**Marine Corps Semper Fidelis:** [www.manpower.usmc.mil/portal/page/portal/M\\_RA\\_HOME/MM/SR/RET\\_ACT/Semper\\_Fidelis](http://www.manpower.usmc.mil/portal/page/portal/M_RA_HOME/MM/SR/RET_ACT/Semper_Fidelis)

# Welcome Aboard

*Recruits go through their initial uniform issue during in-processing at Recruit Training Command on Feb. 14. About 30,000 to 40,000 recruits graduate annually from the Navy's only boot camp.*



Photo by Mass Communication Specialist Seaman Perla Landa